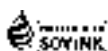


The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County



THE NEBLINE is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Rd., Suite A
Lincoln, Nebraska, 68528-1507
Phone: 441-7180
Fax: 441-7148
TDD: 441-7180

FingerTips Programs & Events Hotline: 323-1784
NUFACTS Information Center: 441-7188
Composting Hotline: 441-7139
Web site: lancaster.unl.edu

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd., Rooms A-C (event rooms posted)
Lincoln, Nebraska
Lobby Phone: 441-7170



Gary C. Bergman, Extension Educator-Unit Leader,
gbergman1@unl.edu

- Ali Alkhazraji**, Americorps*VISTA, aalkhazraji2@unl.edu
- Lorene Bartos**, Extension Educator, lbartos1@unl.edu
- Maureen Burson**, Extension Educator, mburson1@unl.edu
- Patrice Broussard**, Nutrition Advisor, pbroussard2@unl.edu
- Tom Dorn**, Extension Educator, tdorn1@unl.edu
- Soni Cochran**, Extension Associate, scochran2@unl.edu
- Mary Jane Frogge**, Extension Associate, mmcreynolds1@unl.edu
- Arlene Hanna**, Extension Associate, ahanna1@unl.edu
- Alice Henneman**, Extension Educator, ahenneman1@unl.edu
- Don Janssen**, Extension Educator, djanssen2@unl.edu
- LaDeane Jha**, Extension Educator, ljha1@unl.edu
- Ellen Kraft**, Extension Assistant, ekraft1@unl.edu
- Tracy Kulm**, Extension Associate, tkulm1@unl.edu
- Deanna Karmazin**, Extension Associate, dkarmazin2@unl.edu
- Vicki Jedlicka**, Publication & Media Assistant, vjedlicka2@unl.edu
- Sief Mahagoub**, Community Coordinator, smahagoub2@unl.edu
- Mardel Meinke**, Extension Assistant, mmeinke2@unl.edu
- Barb Ogg**, Extension Educator, bogg1@unl.edu
- Andrea Ohlrich**, Extension Assistant, aohlrich2@unl.edu
- Sondra Phillips**, Nutrition Advisor
- Boshra Rida**, Americorps*VISTA, brida2@unl.edu
- Kendra Schmit**, Extension Assistant, kschmit2@unl.edu
- David Smith**, Extension Technologist, dsmith9@unl.edu
- Jim Wies**, Extension Assistant, jwies1@unl.edu
- Karen Wobig**, Extension Assistant, kwobig2@unl.edu

THE NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.



NEBLINE FEEDBACK

In order to best serve our subscribers, this form will appear in every issue of THE NEBLINE. You can use this form to:
1. Change your address or order a subscription (please print)
2. Submit general comments and/or story ideas

Name _____

Address _____

City _____ Zip _____

- Order subscription (free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065)
- Change of Address

Comments _____

Story Idea(s) _____

Return to:
University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

MARCH

- 14 4-H New Leader Training 9:30 a.m. or 7 p.m.
- 14 4-H Spring Rabbit Clinic 6:30-9 p.m.
- 15 Extension Board Meeting 8 a.m.
- 15-17 Nebraska Horse Expo, *Lancaster Event Center*
- 16 4-H Horse Leader Training, *Lancaster Event Center* 8 a.m.
- 16 4-H Spring Rabbit Show, *Lancaster Event Center* 9 a.m.
- 16 4-H Leather Workshop II 9:30-11 a.m.
- 17 4-H Speech Contest, *State Capitol* 1:30 p.m.
- 18 Parents Forever and Kids Talk About Divorce, *Northeast Family Center* . . 5-9 p.m.
- 18 Fast Meals with Few Ingredients Workshop, *BryanLGH East* 7-8:30 p.m.
- 18-19 Beginning Beekeeping Workshop 6:30-9:30 p.m.
- 21 Fair Board Meeting, *Lancaster Event Center* 7:30 p.m.
- 21 **earth wellness festival**, *Southeast Community College, Lincoln* . . 9 a.m.-4 p.m.
- 21 Chemigation Training 1 p.m.
- 25 Family Community Education (FCE) Council Meeting, *Golden Corral* . 12:30 p.m.
- 26 Family Community Education (FCE) Leader Training 1 p.m.
- 30 Be a Better Gardener Preregistration Deadline

APRIL

- 1 Market Beef I.D.'s for State Fair, Ak-Sar-Ben & American Royal Due
- 2 4-H Council Meeting 7 p.m.
- 5-6 Growing Up Female Retreat, *Eastern NE 4-H Center near Gretna* . . . 5p.m.-5 p.m.
- 6 Child Care — A Smashing Success 8 a.m.-4 p.m.
- 6 Parents Forever & Kids Talk About Divorce, *N.E. Family Ctr* . . 8:30 a.m.-12:30 p.m.
- 6 Beginning Beekeeping Workshop: Lab, *ARDC near Mead* 9 a.m.-3 p.m.
- 6 4-H Skate Night, *Skate Zone, 300 N. 48th St* 7 p.m.
- 9 4-H Citizen Washington Focus (CWF) Meeting 7 p.m.
- 10 4-H Horse VIPS Meeting 7 p.m.
- 11 4-H Rabbit VIPS Meeting 7 p.m.
- 12 Extension Board Meeting 8 a.m.
- 12 Implementing Successful Interpreting and Translating Practices Workshop, *Southeast Community College, Lincoln* 8:30-11:30 a.m.
- 13 2002 Acreage Owners Expo, *ARDC near Mead* 9 a.m.-3 p.m.
- 13 Kiwanis Karnival, *State Fair Park* 7 p.m.
- 14 4-H Ambassador Meeting 2 p.m.
- 14 4-H Sewing Workshop, *Hancock Fabrics* 3-4 p.m.
- 14 4-H Teen Council Meeting 3-5 p.m.
- 16 Composting Workshop, *Air Park Recreation Ctr, 3720 NW 46* 7-8 p.m.
- 21 4-H Music Contest, *Dawes School, 5130 Colfax Ave.* 2 p.m.
- 23 Composting Workshop, *Belmont Recreation Ctr, 1234 Judson* 7-8 p.m.
- 24 Composting Workshop, *Irving Recreation Ctr, 2010 Van Dorn* 7-8 p.m.
- 25 Composting Workshop, *Calvert Recreation Ctr, 4500 Stockwell* 7-8 p.m.
- 26 Arbor Day Celebration, *Maxwell Arboretum, East Campus* Noon-1 p.m.
- 29-May 3 Grantsmanship Training Program
- 30 4-H Leader Workshop 9:30 a.m. or 7 p.m.
- 30 Composting Workshop, *Easterday Recreation Ctr, 6130 Adams* 7-8 p.m.

Implementing Successful Translating Practices Workshop

“Implementing Successful Interpreting and Translating Practices” is a workshop that will be offered Friday, April 12, at Southeast Community College, Room D-10. Limited to 50 participants, the workshop is designed for Human Service Agency Directors, management personnel, nonprofit Boards of Directors and other agency representatives with policy implementation duties. The three hour workshop (8:30 to 11:30 a.m.) will cover:

- Legal obligations to provide

translation and interpretation.

- Analyzing an agency’s current translation and interpretation plan.
- Assistance in developing a plan to meet Office of Civil Rights requirements.
- Using translator Web sites — pros and cons.
- Barriers to implementation and resources for help.

A \$25 registration fee which includes materials and morning refreshments is due April 5 and should be mailed to: Lincoln/Lancaster County Human

Services Federation, 645 M Street, Suite 11, Lincoln, NE 68508.

Sponsors for the workshop are: Lincoln/Lancaster County Human Services Federation, Southeast Community College, Lincoln Public Schools, Nebraska Association of Translators and Interpreters, University of Nebraska Modern Languages Department and UNL Cooperative Extension in Lancaster County Extension. (GB)



FREE Workshop

Are you tired of eating the same old foods, but you don’t want your cupboards full of ingredients purchased for just one recipe? You also find yourself short on time to spend in the kitchen. At this program, you’ll learn how to stock up on basic foods that quickly assemble into dozens of different and delicious meals. Alice Henneman, registered dietitian and extension educator with the University of Nebraska Cooperative Extension in Lancaster County, will give you tips and recipes to help you

prepare healthy meals in a hurry from just a few ingredients.
This FREE program is offered at the Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St. on Monday, March 18, 7 to 8:30 p.m. To register, call BryanLGH at 481-8886 (AH)